

Healthy Sleep Habits for Children

Workshop for parents & carers in North
Lanarkshire

Thursday 16th November 2023

9:30-11am



This virtual session will include:

- ◆ The importance of sleep
- ◆ Suggestions on how to support your child's sleep habits
- ◆ Opportunity for discussion (time dependent)

Delivered by the Educational Psychology Service

If you wish to join the session please join on the
link below:



https://teams.microsoft.com/l/meetup-join/19%3ameeting_Y2NhODlwNTctMzNjYS00MDdmLWlxOWYtZDNIYzZmMjA0ZjA4%40thread.v2/0?context=%7b%22Tid%22%3a%22a98f953b-d618-4b43-8a65-0382681bd283%22%2c%22Oid%22%3a%2253904c36-1c50-4cf1-9b01-c8fc1fda48e9%22%7d